

Rainy Day Ideas



It can be tough to plan physical activity when outdoor play is cancelled due to poor weather conditions. Use these ideas to help your class be physically active indoors:

- ☐ **Start a parade** around the classroom. Children can line up and march, gallop, skip, tip-toe, walk sideways and backwards
- ☐ **Move like an animal**-hop like a rabbit, crawl like a dog, waddle like a duck, stomp like an elephant, soar like a bird, swim like a fish
- ☐ **Play movement games like** ring around the rosey, musical squares, the hokey pokey, duck duck goose, or do the chicken dance
- ☐ **Turn on the music and dance.** Children can dance to the music on their own, or play a song that provides verbal instructions
- ☐ **Play Simon Says.** To ensure children stay active throughout the session, do not ask them to sit out if they make a mistake
- ☐ **Set up indoor hop scotch** using carpet squares or hula hoops
- ☐ **Stretch.** Children can circle their arms, shrug their shoulders, touch their toes, reach high toward the sky, and twist at the waist
- ☐ **Volley a balloon**
- ☐ **Move like weather.** Children can move like a tree in the wind, stomp like thunder, and spin like a tornado
- ☐ **Use bean bags** to toss to a partner, toss into a container or basket, balance on the childrens' heads, or play hot potato
- ☐ **Try a children's exercise DVD or video**